

# TOWN CRIER 5K + 10K PARTICIPANT

ONE ENTRY FORM PER PERSON. PHOTOCOPIES WELCOME.  
NO REFUNDS. PAID BUT CAN'T MAKE IT? THANKS FOR THE DONATION!

Name of participant \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Birthday \_\_\_\_\_ Age \_\_\_\_\_ M/F \_\_\_\_\_

Enter me in the (circle one): 10K 5K Both (no extra charge!)

Entry fee = \$30 \$ \_\_\_\_\_

XXL t-shirt (additional \$2) \$ \_\_\_\_\_

Total (check payable to SABA) \$ \_\_\_\_\_

T-shirt sizes (circle one): S M L XL XXL (additional \$2)

Waiver: In consideration of the entry of my family, I attest and verify that I have full knowledge of the risks involve in this race and that I assume all those risks. I realize expressly that this is a strenuous activity and that to the best of my knowledge my training and health are adequate for me to safely participate in said race. Further, I agree hold harmless the race organizers, including any and all participating sponsors and supporters, against all claims, dangers, in cause of action arising from my participation. I hereby give full permission to use my likeness in photographs, video tapes and any other record of this event for any purpose including, but not limited to, broadcast and promotional purposes.

Signature & Date \_\_\_\_\_

Parent/Guardian signature (required if under 18) \_\_\_\_\_

Mail to:

Town Crier 5K & 10K, c/o SABA PO Box 221, Saugatuck, MI 49453



TOWN CRIER RUN, c/o SABA  
PO BOX 221  
SAUGATUCK, MI 49453

# Town Crier

5K / 10K / RUN / WALK

# 4/14/12



SAUGATUCK/  
DOUGLAS AREA  
BUSINESS  
ASSOCIATION

# SAUGATUCK, MICHIGAN

# SABA TOWN CRIER 5K & 10K RUN SAUGATUCK 04.14.12

## TOWN CRIER 5K + 10K + KIDS DASH

Two scenic runs around historic Saugatuck starting at Butler & Main downtown. The goal of the Town Crier run is to provide an outstanding, competitive event for runners that encourages health, exercise and fun. Your participation in this race will benefit the Saugatuck Public Schools Track & Field and Cross Country Teams, Saugatuck Running Club, and the SABA Saugatuck/Douglas Area Business Association.

## RACE INFO

The 10K includes a loop on the bike path and woods southwest of town and the 5K winds around historic Saugatuck. The 10K race begins at 9:00am. The Crier Kids Dash will follow starting at 9:15am. The free Dash is a non-competitive 1K fun run for kids. All runners will win a ribbon. Between 10:00 and 10:15am, the 5K race will begin. Maps of the race courses are on our website. The races will be professionally timed.



## AWARDS

Refreshments and the awards ceremony will be held at Coral Gables, 220 Water Street, after the 5K. Overall first place winners of the 10K, male and female, will receive \$100 in SABA bucks, used as cash at any Saugatuck/Douglas Area Business Association member business. Master and Grand Master 10K winners, male and female will receive a \$30 Gazelle gift certificate. Overall first place winners of the 5K, male and female, will receive \$75 in SABA bucks. Master and Grand Master 5K winners, male and female will receive a \$20 Gazelle gift certificate. Male and female age groups begin at 14 and under, 15-19, 20-24, and continue to 70 & over. Age group winners for both races, 1st, 2nd and 3rd, will receive the Town Crier Bell. Winners will be allowed one award per event.

## PARKING & SHOWERS

Park on Water Street, in the residential areas of Saugatuck to the north of the starting line, or "up the hill" on Griffith Street. There is a staircase at Griffith and Main to the starting line. Showers are available at the Pump House Gym at 6492 Blue Star Highway after the race.



## REGISTRATION & ENTRY FEES

The entry fees are as follows:  
\$30, including a t-shirt. Shirts are not guaranteed to late registrants.

Late registration and t-shirt pick up will be at Saugatuck High School, 401 Elizabeth Street on Friday, April 13 from 4-7pm and race day beginning at 7:30am at the race starting line at Butler and Main. T-shirts at late registration are available as supplies last.

On-line registration is available at [www.saugatuckdouglas.com/towncrier](http://www.saugatuckdouglas.com/towncrier) or <http://michianatiming.com/registration/enter1.php?raceid=29>

## LODGING DISCOUNTS

*Make a weekend out of it!* Discounted rates will be available for runners and their families on race weekend. For more information check out our website.

## QUESTIONS?

Go to our website or contact Rick Bauer at 616.392.2010 or [rbauer@saugatuckps.com](mailto:rbauer@saugatuckps.com).